



Easy Ways to Take More

- Eat like the rainbow: choose a variety of fruits and vegetables.
- Try fun snacks like fresh fruit dipped in fruity yogurt.
- Enjoy baked chips with salsa.
- Add frozen vegetables to soup.
- Put the food guide pyramid to work daily in your life. For lunch, make your sandwich with lettuce and tomato instead of cheese, and pack a piece of fruit.
- Open a cookbook and try a new recipe made with fruits and vegetables every week.
- Think of calories as you would money. You want to be careful how you spend them. Fruits and vegetables are a great calorie bargain!



For more information:
Toll Free

1-866-369-9333

Office of Public Health Nutrition

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South Carolina Department of Health
and Environmental Control

CR-005383 12/07



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